



ARMY COMMUNITY SERVICE

CELEBRATING 50 YEARS

303 Wetzel Ave. Bldg. 1526 | (719) 526-4590 | Monday - Friday: 8 a.m. - 5 p.m. / Wednesday: 9 a.m. - 5 p.m.
www.carson.army.mil/acs



Army Community Service (ACS) at Fort Carson equips Soldiers, Families, civilians and retirees with the skills and education needed to face the challenges and changes of military life both today and tomorrow. ACS supports military families in all aspects of transition and life phases. Aside from the main ACS Center, ACS has four other facilities at Fort Carson to serve your needs.

ACS COMMUNITY CONNECTIONS

6391 Wetzel Ave. Bldg. 1524
(719) 526-1070 / 8747
Monday, Tuesday, Thursday, Friday: 8 a.m.-4 p.m.
Wednesday: 9 a.m.-4 p.m.

Make ACS Community Connections your first stop at Fort Carson! Get information on community services, area maps and brochures, borrow household items from the Loan Closet, and learn how to make the most of your time at Fort Carson. ACS Community Connections simplifies your move with six computer stations for Soldier and Family Member use along with printers, a fax machine and a copy machine.

Programs located in the facility are:

- Citizenship and Immigration Services
- Community Information and Referral
- Gifts and Donations Office for Fort Carson
- Loan Closet
- Multicultural Support Groups
- Warrior Family Community Partnership (WFCP)



ACS FAMILY NURTURING CENTER

6070 Barkeley Ave. Bldg. 1354
(719) 649-3860
Open during class times only

The ACS Family Nurturing Center is home to many of our New Parent Support Program classes such as: Play Group, Toddler Time, and Infant Massage. The facility is open during class times only. Barkeley Avenue is a one-way street running south from Gate 4, the ACS Family Nurturing Center is located on the right hand side between the cross streets of Ellis and Nelson Blvd.



THE SOLDIER AND FAMILY ASSISTANCE CENTER (SFAC)

1481 Titus Blvd. Bldg. 7492
(719) 526-5807 or 524-7301
Monday, Thursday, Friday: 8 a.m.-4:30 p.m.
Tuesday, Wednesday: 9 a.m.-4:30 p.m.

The SFAC is a “one stop shop” providing support and resources to Warriors in Transition and their Families. Warriors are assigned to the Warrior in Transition Unit (WTU) or to the Disability Evaluation System (DES). Transitioning Soldiers are in the process of preparing for “return to duty” or transitioning out of the Army. The SFAC provides assistance with financial counseling, employment, education, benefits counseling, community programs and social services.



SFAC EVENTS

WTU/SFAC Family Orientation
2nd Wednesday every month
1 p.m.-3 p.m.

WTU/SFAC Family Orientation is for the WTU Soldiers and their Family Members. The WTU/SFAC Staff and Partner Program Staff provide information about services and programs for wounded, ill and injured Soldiers.

199 Briefing
Monday, Wednesday, Friday
9:45 a.m.- 11 a.m.

This briefing is a class for WTU and IDES Soldiers transitioning out of the military and covers military benefits and services.

In Processing Brief
Tuesday, Thursday
1 p.m.-2 p.m.

This brief is an orientation to the SFAC and discusses the services internal and external providers have to offer. Open to all wounded, ill and injured Soldiers and their Family members.

Wounded Warrior Lunch
Every Wednesday
11:30 a.m.- 1 p.m.

Lunch is offered as part of the SFAC programming ONLY to Soldiers in the WTU or the Disability Evaluation System. Soldiers have a chance to socialize with other Soldiers, Families and Care Team members.



FALLEN HEROES FAMILY CENTER

6990 Mekong St. Bldg. 6215
(719) 526-2069
Monday, Tuesday, Friday: 8 a.m.-5 p.m.
Wednesday: 9 a.m.-5 p.m. Thursday: 8 a.m.-1 p.m.

Survivor Outreach Services provides long term case management to Family Members of the fallen for as long as they desire, thus honoring the Army's commitment to our Fallen and their Families. SOS is an enhanced, holistic and multi-agency approach to delivering services to Survivors in the state of Colorado, Utah, North and South Dakota and Wyoming.

SOS EVENTS

Gold Star Mothers Luncheon
Sept. 23
11 a.m.-1:30 p.m.
No Cost for Gold Star Mothers

Fort Carson SOS acknowledges and honors the Mothers of our Fallen Military Heroes on Gold Star Mothers' Day with a luncheon at the Fallen Heroes Family Center.





ARMY COMMUNITY SERVICE (ACS) — TURNS 50 —

Since it's inception 50 years ago, Army Community Service (ACS) has responded to the needs of Soldiers and Families through a multitude of professional services which promote self-reliance, resiliency and stability during war and peace. Prior to July 25, 1965, the response to the social service needs of the Army Community were often met by volunteers with an unwavering spirit of giving and commitment toward "caring for its own". Today, ACS continues to provide service with the same spirit and dedication. The ACS 50th Birthday Celebration honors the history of service and commitment to Soldiers and Families, and commemorates the event throughout the Army.

ACS celebrates its 50th Birthday milestone event with an ACS Volunteer Recognition Ceremony, a Community Partners Recognition Ceremony, Entertainment, a Historical Display, Games, Free Food and plenty of fun!

WHEN: July 23; 11 a.m.-3 p.m.

WHERE: Army Community Service, Bldg. 1526



— ARMY VOLUNTEER CORPS (AVC) —

The Fort Carson Army Volunteer Corps (AVC) offers opportunities to develop skills, explore career possibilities and professional networking. The Army Volunteer Corps Coordinator (AVCC) assists with documenting volunteer time and incorporating volunteer experience into a resume. Those interested in helping others, sharing their talents or honing job skills can accomplish their goals by

volunteering and making a difference in the community. Gain work experience, self-confidence and valuable job skills, while contributing to the improvement of the community and its quality of life. Join the movement to make Fort Carson, Colorado Springs and the United States of America a better place for all. Change the world and volunteer now!

YARD SALES

Every 1st and 3rd Saturday of the Month
8 a.m.-3 p.m.
Fort Carson Housing

Yard sales are held twice a month from April to December, on the 1st and 3rd Saturday of the month between 8 a.m. to 3 p.m. Inclement weather day (make up) is the Saturday following a regularly scheduled date. The Army Community Service (ACS) Mayoral Program Coordinator and the Housing Liaison office coordinates the yard sale with the help of Military Police to reinforce guidelines for the yard sale.

MAYORS MEETINGS

June 17; Aug. 19; Oct. 21
9:30 a.m.-10:30 a.m.

The Mayoral Program conducts Mayors' meetings to discuss and resolve issues and concerns coming from Fort Carson village residents. The Garrison Commander interacts directly with the Mayors/Deputies to ensure that all issues and concerns are addressed.

VOLUNTEER ADVISORY COUNCIL

July 28; Oct. 27
10 a.m.-11 a.m.
ACS Bldg. 1526

The Fort Carson Volunteer Advisory Council (VAC) is designed to identify volunteer issues in the community, and encourage interaction and support among volunteer organizations on Fort Carson and the Colorado Springs Community. The VAC also serves as a resource and networking system for organizations to pursue the recruitment, training and retention of volunteers. VAC is the link between individual volunteers and organizations utilizing volunteer services.

MAYORS ANNUAL ELECTION

Aug. 19 & 20

Each year Fort Carson residents have the opportunity to elect a new Mayor for their designated village. Village mayoral positions are open to everyone living in Fort Carson Family Housing.



MAYORS INAUGURATION

Sept. 24
12 p.m.-1:30 p.m.
Free for Volunteers / \$18 for non-volunteer (Invitation only)

This event celebrates the swearing in of incoming Mayors, as well as awarding and bidding farewell to outgoing Mayors. Mayors and Deputies serve as the principal community liaison for developing/ implementing recreational/social activities, community assistance projects and activities designed to build a sense of community spirit and improve the quality of life.

FORT CARSON MAKE A DIFFERENCE DAY

Oct. 24
8 a.m.-2 p.m.

Make A Difference Day (MADD) is a national day dedicated to helping others. "A celebration of neighbors helping neighbors", MADD is an annual event that takes place on the fourth Saturday of October and is the largest community service volunteer effort conducted on a national level. Individuals and families, school and church groups, businesses and other organizations draw upon their skills and resources to contribute where needs exist.

VOLUNTEER OF THE QUARTER

July 22; Oct. 21
1 p.m.-2 p.m.

- Fort Carson Agency/Directorate
- Family Readiness Group (FRG)
- Private Organization
- Youth Volunteer

Awards are contingent upon the nominations submitted by each agency or unit. For more information on the volunteer award nominations call (719) 526-1082.



EARN PROMOTION POINTS



Did you know that Army Community Service (ACS) offers promotion points to E5 and below? In accordance with AR 600-8-19, paragraph 3-44a.(3), **Soldiers can earn four promotion points for each 40 hours of Army Community Service courses.** Each point earned makes a difference. Upon finishing 40 hours of courses, submit completed certificates to Army Community Service to receive a DA Form

87 (required). ****Note:** Soldiers do not receive promotion points for attending mandatory classes such as First Termers' Financial Readiness Training, any course required by Command referral, or New Parent Support Program classes taken as a result of a recommended Family Advocacy Case Review Committee treatment plan. For more information on which classes qualify for promotion points, call Army Community Service at (719) 526-4590.

FAMILY ENRICHMENT PROGRAM



EMPLOYMENT READINESS PROGRAM

The ACS Employment Readiness Program offers a variety of services in one location. These services allow patrons (active duty military, retirees, family members and DA civilian personnel) to have multiple employment possibilities.

JOB SEARCH ORIENTATION

Weekly on Tuesdays and Thursdays
9 a.m.-11:30 a.m.
ACS Bldg. 1526

Participants receive valuable information and answers to the most common questions about beginning a job search at Fort Carson. Resume writing tips, handouts and additional reading materials are provided to assist in their job search.

TRANSITIONING SERVICE MEMBERS JOB SEARCH ORIENTATION

Every 3rd Wednesday
1:30-3:30 p.m.
ACS Bldg. 1526

Service members receive valuable information and answers to the most common questions about starting a job search while transitioning from the Army. Resume writing tips, handouts and additional reading materials are provided to assist customers in their transition needs.

CIVILIAN PERSONNEL ADVISORY CENTER (CPAC) MILITARY SPOUSE BRIEFINGS

Every 4th Wednesday
9 a.m.-11:30 a.m.
ACS Bldg 1526

Fort Carson's CPAC briefing provides information for Military Spouses applying for government/federal jobs, the Military Spouse Preference Programs, Executive Order 13473 for stateside relocated Military Spouses, and Executive Order 12721 for overseas returnees.

MINI JOB FAIR

July 21; Sept. 21
9 a.m.-12 p.m.

These events provide spouses the opportunity to improve employment related skills and network with Military Spouse Employment Partnership (MSEP) partners.



ARMY FAMILY ACTION PLAN (AFAP)

AFAP is a Total Army quality of life process that promotes positive quality of life changes by engaging Soldiers, Family members, Gold Star family members, Survivors, Retirees and Civilians across all Army Components to identify, prioritize and elevate quality of life issues to senior leaders for action and resolution. The AFAP process starts with identification of issues at the garrison and unit level. Fort Carson leadership recognizes the need to maintain a high level quality of life and to communicate that commitment to Fort Carson's Army Families.

KEY CALLER AND TREASURER CLASS

June 25; July 23; Aug. 27; Sept. 10
ACS Bldg. 1526

Family Readiness Group (FRG) Key Caller training covers the responsibilities and expectations of the role and how to handle crisis phone calls. FRG Treasurer training teaches Army regulations for managing FRG informal fund accounts and fundraising.

FAMILY READINESS GROUP (FRG) LEADER TRAINING

Aug. 3 & 4
9 a.m.-4 p.m.
ACS Bldg. 1526

This two-day course trains Family Readiness Group (FRG) leaders to set up, maintain and handle the challenges of a company FRG in accordance with Army Regulation 608-1, Appendix J. Open to those wanting to learn more about the structure of the FRG and requirements of the leadership role.

COMPANY COMMANDER & FIRST SERGEANT SPOUSE COURSE

June 15 & 16; Sept. 28 & 29
9 a.m.-4 p.m.
ACS Bldg. 1526

This two-day course provides an opportunity for spouses of newly assigned company commanders and First Sergeants to meet with their peers, share experiences, and receive current information from subject matter experts.



EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

An Exceptional Family Member (EFM) is a Family member, child or adult, with any physical, emotional, developmental or intellectual disorder that requires special treatment, therapy, education, training or counseling. The Exceptional Family Member Program is designed to assist military personnel agencies in making assignments for the Soldier, taking into consideration the documented medical and/or educational needs of the Soldier's enrolled Family member. The program provides a multi-agency approach for community support, housing, medical, educational and personnel services to Families with special health and/or educational needs/concerns.

EFMP MEET-UP GROUP

June 29; July 8; Aug. 31
9 a.m.-10:30 a.m.

The EFMP Meet-Up Group encourages parent-to-parent support and education for parents of children who with health needs/concerns such as: Allergies, G-tube feeding, Autism Spectrum Disorder, learning disabilities, ADHD, Down Syndrome, and others. The group provides special needs support to families participating in EFMP.

YOUNG REMBRANDTS CLASS

June 6
10 a.m.-11 a.m.

The Young Rembrandts class teaches drawing with a see-touch-do method that all children can succeed with, learn from and love! Children with Autism or Special needs are welcome to attend. Attendees must be able to function in a group setting.

EFMP 101 LUNCH-N-LEARN

June 4; Sept. 17
11:30 a.m.-12:30 p.m.

Bring lunch and spend some time with the ACS EFMP team during the quarterly EFMP 101 "Lunch and Learn" class. The program, services offered, and the impact on program participants are explained in further detail during the class.

ARMY FAMILY TEAM BUILDING (AFTB)

Army Family Team Building (AFTB) is a volunteer-led program developed by family members for family members that provides training and knowledge to support the total Army effort. Classes are offered during day, evening, and Saturday hours for those new to the Army (Level K: Military Knowledge), those wanting to learn more about themselves (Level G: Personal Growth), and those in leadership positions (Level L: Leadership Development). Check out the current course listings on www.carson.army.mil/acs.

CARE TEAM TRAINING

June 25; July 9; Aug. 8; Sept. 10
ACS Bldg. 1526

Care Team Training prepares volunteers to assist and support a Family during a time of tragedy or loss.

ARMY 101

June 2; Sept. 1
8:30 a.m.
\$5.25 for lunch

Army 101 provides our civilian neighbors with an introduction to military terms and acronyms, Army chain of command, community resources, benefits and entitlements, Family Readiness Groups, and the deployment cycle. Class includes a windshield tour of the installation and an opportunity to have lunch in a military dining facility.



MELTDOWNS CLASS PART 2

June 17
11 a.m.-12 p.m.

Does your child have meltdowns? Do you feel helpless when your child is having a meltdown? Would you like to have a better understanding of your child's behavior? This class offers parents advice on how to manage emotions and how to respond to children's needs in a stressful situation.

SENSORY MOVIE NIGHT

July 17
6 p.m.-8 p.m.

This event is for EFMs that experience sensory overload while watching films in a movie theater. To meet our EFM's sensory needs the lights remain on in the theater, the sound is turned down and individuals are free to move around when they feel overstimulated.





FINANCIAL READINESS PROGRAM

The Fort Carson ACS Financial Readiness Program offers a variety of services such as finance education, budget assistance, personalized budget counseling, credit counseling, debt management and other financial support programs. To schedule an appointment, call (719) 526-4590

MONEY TROUBLE SOLUTIONS

2nd Thursday of each month
5:30 p.m.-7 p.m.

These classes are designed to enhance Soldiers and family members' knowledge of various topics concerning their personal finances.

IRON HORSE BUDGET

Every Thursday
9 a.m.-11:30 a.m.

This class is designed to ensure that each Soldier has a plan to better manage his or her assets and create a sound financial future.

BROWN BAG LUNCH / THRIFT SAVINGS PLAN (TSP)

1st and 3rd Thursday of each month
12 p.m.-1 p.m.
ACS Building 1526

If you need assistance understanding your retirement plan, attend this session.

BROWN BAG LUNCH / MANAGING YOUR DEBT

2nd Tuesday of each month
12 p.m.-1 p.m.

ACS Financial Counselors offer tips and guidelines on debt reduction and how to become debt free.

BROWN BAG LUNCH / USED CAR BUYING

4th Thursday of each month
12 p.m.-1 p.m.

Purchasing a used car can be a daunting task. Attend the Used Car Buying session to learn the ins and outs of purchasing a used vehicle.



RELOCATION READINESS PROGRAM

Not sure how to move? Need more information on where you are going? The Army Community Service (ACS) Relocation Readiness Program is here to assist you and provide you resources to make an informed relocation decision. Services include: out-bound consultations (individual or family), relocation-related

educational classes, welcome packets and information on military installations and communities around the world, free auto maps & destination directions, the Waiting Families Program, and the Alternate Language Program. For more information, call (719) 526-1053 or 526-0466.

RELOCATION CLASSES

PCSing? Come to a Destination Class hosted by the ACS Relocation Readiness Program. The class provides an overview of the PCS process for soldiers and families preparing to move overseas. Class participants receive information on requirements prior to the PCS move, what to expect when traveling, and what to expect for the first 30 days. Handouts and additional information are also provided to ensure a successful transition.

DESTINATION HAWAII

July 1 / Aug. 26
1 p.m. to 3 p.m.

DESTINATION ALASKA

Aug. 5
1 p.m. to 3 p.m.

DESTINATION ITALY

June 24 / Sept. 23
1 p.m. to 3 p.m.

DESTINATION JAPAN

June 10 / Aug. 12
1 p.m. to 3 p.m.

DESTINATION KOREA

July 8 / Sept. 9
1 p.m. to 3 p.m.

DESTINATION GERMANY

June 3 / July 22 / Sept. 2
1 p.m. to 3 p.m.



WELCOME TO CIVILIAN LIFE

3rd Wednesday of the month
1 p.m. to 3 p.m.

As the Army continues to downsize, many families are faced with the unexpected opportunity to transition from a military to a civilian family. Class participants receive valuable information and answers to common questions received by ACS during the transition process. Additional handouts and resources are provided to assist families during this transition.

HEARTS APART SUPPORT GROUP MEET AND GREET

June 30 / Aug. 25
Noon to 2 p.m.

Hearts apart is a support group for Military Families separated from their sponsor due to military requirements (Deployment, training opportunities, hardship tours, etc). This event allows spouses and Family Members to connect with other families and units during their separation.

SOLDIER & FAMILY READINESS PROGRAM

The Soldier and Family Readiness Program promotes individual, couple and family wellness by offering a comprehensive program that includes awareness, education and support to prevent family violence. Classes are offered to commanders, troops, professionals, families and the community. Prevention and support services include: New parent support program (home visitation), child safety education, nurturing parent programs, single

parent support, playgroup, infant massage, Cooperative Parenting and Divorce, Basic Training for New Moms, Boot Camp for New Dads, Prevention and Relationship Enhancement Program, the Five Love Languages, various life skills seminars, and victim advocates for domestic violence or sexual assault. The 24-hour victim advocate Hotline number is (719) 243-7907. For more information, call 526-4590.

RESILIENCE CLASSES

Participants learn about resilience and the competencies that contribute to it: Self-Awareness, Self-regulation, Optimism, Mental Agility, Strengths of Character, and Connection. Grow and thrive in the face of challenges and bounce back from adversity. All classes are available to military spouses, Active Duty military, DA civilians, and contractors. For more information call (719) 524-1899.

RESILIENCE CLASS (DETECT ICEBERGS)

June 18
9 a.m.-12 p.m.

Identify and evaluate core beliefs and values that fuel intense emotions and reactions.

RESILIENCE CLASS (PROBLEM SOLVING)

July 16
9 a.m.-12 p.m. or 6 p.m.-9 p.m.

Accurately identify causes of problems and identify strategies for solutions.

RESILIENCE CLASS (PUT IT IN PERSPECTIVE)

Aug. 20
9 a.m.-12 p.m. or 6 a.m.-9 p.m.

Stop catastrophic thinking, reduce anxiety, and improve problem solving by identifying the worst, best, and most likely outcomes of a situation.

RESILIENCE CLASS (MENTAL GAMES)

Sept. 17
9 a.m.-12 p.m. or 6 p.m.-9 p.m.

Break the habit of counterproductive thinking to enable greater concentration and focus on the task at hand.

RESILIENCE CLASS (REAL-TIME RESILIENCE)

Oct. 22
9 a.m.-12 p.m. or 6 p.m.-9 p.m.

Shut down counterproductive thinking and enable greater concentration to focus on the task at hand.

BOOT CAMP FOR NEW DADS

1st Tuesday of each month
9 a.m.-12 p.m.

A discussion group that explores the meaning of fatherhood, caring for baby and caring for mom. Class for dads only.

BASIC TRAINING FOR NEW MOMS

3rd Tuesday of each month
9 a.m.-11 a.m.

A discussion focused group for moms that shares information on motherhood fears and challenges, practical activities, basic infant massage techniques, supporting dad and becoming a great mom. Class for moms only.

COOPERATIVE PARENTING AND DIVORCE

2nd Tuesday of each month
9 a.m.-12:30 p.m.

Co-parenting class for couples who have children and are divorcing. This class meets the State of Colorado requirement for divorcing couples.

NURTURING PARENTING PROGRAM

Scheduled 4 times a year

A 12-week parenting class that focuses on communicating with children, how to build self esteem, behavior management techniques and much more. Classes focus on various ages of children in families.

INTIMATE ALLIES MARRIAGE WORKSHOP

4th Thursday and Friday of each month
8:30 a.m.-2 p.m.

Intimate Allies is a two-day couples' workshop where partners learn how to deeply connect and form a "safe haven" bond. Couples gain insight into their individual attachment styles, how to manage during conflict and how to improve communication and intimacy.

INFANT MASSAGE

Every Tuesday
10 a.m.-11:30 a.m.

Increase the bond between parent and baby through various infant massage techniques. This class includes techniques to alleviate colic, encouraging bonding and increase communication. No registration required for this class, walk-ins welcome.

PLAY GROUP

Every Friday
10 a.m.-11 a.m.

Fun filled, interactive get together for parents and children, improving their social, cognitive and motor skills. No registration required for this class, walk-ins welcome.

5 LOVE LANGUAGES

As Requested

Increase marital satisfaction at this fun workshop for couples. The class discusses "Love Languages" and using them to strengthen and improve one's communication style. The workshop is based on the bestselling book "The 5 Love Languages" by Dr. Gary Chapman.

VICTIM SUPPORT GROUP

Start healing today by participating in a victim support group. Current groups include: sexual assault victims, female domestic violence victims and male domestic violence victims. For more info, please call (719) 526-4180.

THANK YOU

As Army Community Service enters it's 50th year and invites you into a world of Education, Opportunity and Discovery. Services offered promote Self-reliance, Resiliency and Stability during war and peace. For more information on any of ACS's classes or events, please call us at (719) 526-4590, or visit us on our website at www.carson.army.mil/acs.

